

# LEXINGTON PARKS AND RECREATION



## Youth Wrestling Program

Grades K-6



### Program Information:

- Practice will begin January 17, 2017
- Practice will be held at Lexington Middle School on Tuesdays & Wednesdays from 6:30-7:30pm.
- Team will compete in local tournaments beginning in March. Season runs into late spring.
- Cost is \$5 for City Residents and \$20 for Non-City Residents
- Wrestlers will be required to cover their tournament fees (\$5-\$25 per tournament)
- Coach/Instructor will be LSHS Varsity Coach

**Benefits of Wrestling:** Anyone can wrestle regardless of body type. Different weight classes ensure fair competition. Wrestling teaches self discipline , hard work, self-confidence, and mental toughness.

**Equipment:** Players must provide their own wrestling shoes .

Register by **January 5th** at the Robbins Recreation Center  
512 S. Hargrave St. Lexington, NC 27292

**For more information contact Athletic Coordinator F. Kilpatrick**  
**FMKilpatrick@lexingtonnc.gov or 248-3960.**

